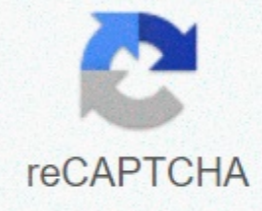




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Swimming sectionals 2020

Spraying, gwing and paddling - this must mean a great day in the water. Playing on the beach, in the water park, by the lake or in the pool can be a real treat on a hot day. Swimming is a lot of fun, but drowning is a real danger. Even children who can swim can drown, so let's find out how to stay safe in the water. Why is it important to be safe in the water? Fish can live and breathe in water, but people need air to breathe. People drown when too much water gets into their lungs. When that happens, the lungs can't put oxygen in the blood. Then, too little oxygen reaches the brain and the rest of the body. Drowning is the second most common cause of injury death among children under 14. Drowning can happen so quickly - sometimes in less than 2 minutes after a person's head goes underwater. That leaves very little time for anyone to help. Many drownings and near drownings occur when a child accidentally falls into a pool. But accidents can happen anywhere - in someone's home or even in their own house and therefore you need to know how to be safe around the water. Pools Pools are awesome! What could be better than swimming in the pool and having fun in the sun? But it is important to remember that the sides and bottom of the pool are usually made of concrete, hard material. Slipping or falling can be painful and dangerous. Did you see those big numbers painted on the side of the pool? This is called deep markers – they tell you how deep the water is at that moment. You should always look before you jump in the pool. Also, just dive off the diving board. Never dive on the side of the pool unless an adult says the water is deep enough. The water may be shallower than you think. If you hit rock bottom... Alas! He could be knocked out or he could hurt his neck badly. Test the temperature of the water in the pool before immersing yourself. Cold water can shock your body and make your blood pressure and heart rate rise. You can open your mouth to yell and accidentally inhale some water. Cold water can also slow down your muscles, making it difficult to swim. Other rules to follow: Always an adult watches you when you are in the pool - even in your own backyard. Never go to the pool if there is no adult nearby. Always call an adult or lifeguard if there is an emergency. The door is around the pool for a reason - to keep children away from the water when there is no lifeguard or adult to observe them. Never go through a pool door when it's closed. Stay safe and stay out! Always obey the rules of the pool. Swim with a friend. If you're learning to swim, ask your mom or dad to make sure your flotation devices are approved by the Coast Guard. Walk slowly in the pool. Don't run. Swim at a depth that's safe for you. If you're just learning to swim, stay in the shallow end. Don't push or jump on others. You could accidentally, someone or themselves. Toys that will help you float come in many shapes and sizes (inner tube, air mattress or beach ball, for example). Although they are fun and can help you as you learn to swim, what I can't do is save a life. These are toys that can lose air or float away. Do not chew gum or eat while swimming – you could suffocate. Lakes and ponds A lot of children swim in streams, lakes or ponds. Especially in these beautiful places. You can not always see the bottom of the lake or pond, so you do not always know the depth of the water. This is another reason to always swim with an adult. Although swimming fish will not hurt you, some ponds and lakes can hide jagged rocks, broken bottles or garbage. Put on something to protect your feet. Also, keep an eye out for grass and grass, which can trap even a good swimmer. If you panic and try to break free, you may get even more tangled up. Instead, slowly shake and pull your arms and legs to free yourself and call for help from an adult. If you're going on a boat, always wear a life jacket. (Again, the life jacket should be approved by the Coast Guard.) Even if you're a good swimmer, something could cause the boat to capsize and you could be trapped underneath. Beaches It is difficult to resist a day at the beach, but you will need to know some safety rules for swimming in the ocean. Swimming in the ocean is harder than swimming pools due to waves and currents, which can change. When you first get to the beach, check with the lifeguard how strong the waves are. Some places fly flags or take notes on the board so swimmers can have an idea of what the conditions are. Waves can knock you down or push you to the bottom of the ocean. Stay close to an adult or get out of the water when the waves get rough. People also get into trouble when they start to panic or get too tired to swim. It is important to know your limits, so if you start to feel tired, get out of the water and rest for a while. In some places, swimmers may run into strong undersea or ocean currents. Rip currents (also called riptides) are so strong that they can carry swimmers away from shore before they know what's going on. If you are caught in the current, swim parallel to the shore (along the coast) and not towards the shore until the water stops pulling you, then swim diagonally back to shore. If you can't go back to the beach, tread water and wave for help from a lifeguard. In this situation, it is really important to stay calm and not panic. You probably won't see sharks (although a friendly dolphin can splash) where you swim. But you can run into jellyfish or a Portuguese man of war. These umbrella in the form, almost clear animals can grow up to be as large as a few feet in diameter! They are often found floating near the coast. Being stung is no fun - it can hurt and blister your skin. If sting, tell the adult as soon as possible. Other rules to follow: Never swim alone! Always swim where the lifeguard can see you and in the areas marked for swimmers. Wear protective footwear if the surfaces are rough or rocky. Don't swim too far. Never pretend to drown. A lifeguard can take you seriously. Do not swim near the piers – those large, wooden structures that protrude into the water. If the water moves sharply, you can hit a buildup or a rock. Keep drinks in plastic containers on the beach – broken glass bottles and bare feet do not mix. Face the waves instead of turning your back on them. Then you'll know what's coming next. Water parks Children love water parks - and why shouldn't they? Wave pools, giant slides and fountains are fun. To stay safe, find out what each attraction is like and how deep the water is. Some wave pools can get rough, so it's a good idea to have an adult nearby. Here are other safety tips for the water park: Wear a life jacket if you can't swim or if you're not a strong swimmer. Read all the signs before going for a ride. Make sure you are tall enough, old enough and do not have any of these medical conditions. If you have any questions, check with your parent or ask the lifeguard. Always make sure there is a lifeguard on every ride and obey its instructions. Wait until the rider in front of you passes the safe spot for you to slide down the slide. Always go down the water slide face up and feet first. This is a safe and correct way to drive. When you go from driving to driving, don't run – it's slippery! Also, remember that each ride is different. Read each sign and have a hint of how deep the water is in the pool. But I can swim! It is important to know your limits when it comes to playing in the water. You can develop a spasm (where the muscle in your body suddenly tense and causes pain) or another physical problem that makes it difficult to swim. If you get cramp, get out of the water for a while and rest your muscles. Here are some other good water safety tips: Learn how to swim. Ask parents to contact your local American Red Cross or community center for information about navigation or water safety courses. Always put on a lot of sunscreen before you go outside. It is also a good idea to wear sunglasses and a hat to protect the skin from harmful sun rays. Drink plenty of water and fluids when you're out swimming and playing so you don't get dehydrated. Stop swimming or sailing as soon as you see or hear the storm. Remember, lightning is electricity – electricity and water are a dangerous combination. Don't swim in the dark. Go slowly into the water to make sure the temperature feels comfortable and not too cold. If you tremble or start to feel muscle cramps, it may be because the water is too cold. This isn't safe. immediately from the water. Germs can lurk in water that can make a person sick with diarrhea or other diseases. So make sure you don't swallow the water. And to make the water as clean as possible: shower with soap before going for a swim, wash your hands after using the bathroom and do not swim if you are sick. Wherever you swim, have a waterfall party! Reviewed: Rupal Christine Gupta, MD Date reviewed: January 2015 Photo: Richard R. SchünemannHave you been getting some dips in the pool for this month's swimming challenge? If not, maybe it's because you haven't quite figured out where to start. First, even if you can't swim at all, there's still hope. Many swimming pools, YMCAs and Red Cross organizations offer beginner classes for adults. (We followed two students in a class like this in our Video How to Learn to Swim as an Adult Video.) If you've never learned to swim, it's not too late. In this video, we follow Terry, 35, who never got... Read moreThis you may know how to swim, and you just need to give it a little push to get started with your first water workout. I like to ask for swimming practice for triathletes. The triathlon includes swimming, cycling and running, so about a third of the people training for one is new to the swimming section. These are people who want to exercise well and improve their basic skills, so they can be a less scary place to start than training sessions written for swimmers. For example, here are three good workouts for beginners who can keep you busy the first week or until you get bored. If you want something a little more basic, look for videos of exercises for beginners. If you feel your feet are always toning and you are flaring up to keep on the surface, look for special drills for balance. They will help you learn to think about the pressure of the front part of the body downwards to keep your feet up. That idea was a game changer for me when I started out. Here's one such exercise: After watching a few videos, write yourself a note about the exercises you'd like to do and zip that banknote into a plastic bag. (You won't be the only nerd at the pool with a bag full of notes, I promise.) Try exercises, try to swim a little and play in the water and have fun! G/O Media can get commission